

# SUMMER 2021 FRUIT & VEGETABLE INCREASE

## Five things to know about WIC fruits and vegetables this summer

1. Starting **June 1**, for 4 months, participants will have **\$35 per person** each month to buy more fruits and vegetables.  
If you're pregnant, breastfeeding, or postpartum, you and your children ages 1–5 will each get \$35 for fruits and vegetables. (This doesn't apply to infants.)
2. You don't have to do anything to get the \$35 for fruits and vegetables. It will be available to you when you shop with your WIC Card, starting with the "First Date to Spend" in June.
3. Use your WIC Card to get the extra fresh or frozen fruits and vegetables at grocery stores.
4. You can't use your WIC Card or the \$35 at farmers markets or farm stores.

### 5. Here are some ideas to help you use the entire \$35 per person each month:



#### USE WIC FIRST!

Use your WIC Card first at the register, before other benefits like SNAP.



#### MAKE IT EASY!

Choose already cut-up fruits and vegetables, or packaged lettuce and vegetables for quick meals or snacks.



#### BUY SUMMER FUN!

Fill your fruit bowl with your summer favorites. Shop often for cherries, apricots, peaches, plums, and nectarines.



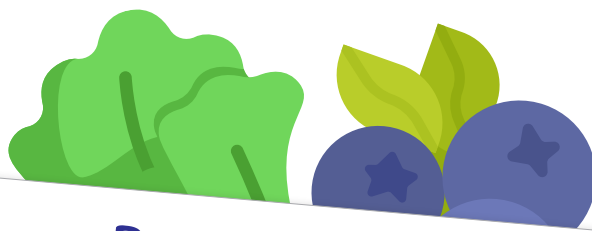
#### THINK FROZEN TOO!

If you have freezer space, frozen vegetables and fruits are great for smoothies and easy sides at mealtime.



#### STOCK UP NOW!

Buy more fruits and vegetables that keep longer, like apples, cabbage, carrots, potatoes, onions, and winter squash.



### Recipe resources for fruits and vegetables

- ✓ MyPlate, My Kitchen  
[myplate.gov/myplate-kitchen](https://myplate.gov/myplate-kitchen)
- ✓ FoodHero.org
- ✓ Have a Plant  
[fruitsandveggies.org/recipes/](https://fruitsandveggies.org/recipes/)
- ✓ Texas WIC - [bit.ly/TexasWIC](https://bit.ly/TexasWIC)

Also check the  
WICshopper app,  
Pinterest, or  
ask WIC for other  
tips & ideas!



# What **DOES** \$35 look like at the store?

## Week 1



### Frozen

12 oz. Mixed Berries .....	\$3.50
16 oz. Mixed Vegetables .....	\$1.75

### Fresh

1-pound Broccoli .....	\$2.99
3 large Fuji Apples .....	\$1.75

**Total** ..... **\$9.99**

## Week 2



### Frozen

10 oz. Sweet Corn .....	\$2.00
12 oz. Cut Mangoes .....	\$2.99

### Fresh

6 oz. Organic Blueberries .....	\$3.99
1 bunch Green Leaf Lettuce .....	\$2.49

**Total** ..... **\$11.47**

**Total  
\$35.16**

## Week 3



### Frozen

12 oz. Asparagus Stir-fry .....	\$2.99
---------------------------------	--------

### Fresh

8 oz. Spinach .....	\$1.99
16 oz. Carrot Chips .....	\$1.99

**Total** ..... **\$6.97**

## Week 4



### Frozen

16 oz. Peas and Carrots .....	\$1.75
-------------------------------	--------

### Fresh

5 pounds Russet Potatoes .....	\$2.99
1 bunch Green Onions .....	\$1.99

**Total** ..... **\$6.73**

*(Note: Prices listed are based on local store ads and are estimates only.)*

**Tell your friends about WIC so they can  
get more fruits and vegetables this summer, too!**

Share these easy ways to contact WIC:

- » Text **WIC** to **96859**
- » Call the Help Me Grow WA Hotline **1-800-322-2588**
- » Visit ParentHelp123's ResourceFinder at  
**[parenthelp123.org/resources/food-assistance-resources/the-wic-program](http://parenthelp123.org/resources/food-assistance-resources/the-wic-program)**